

RELEASE, RELAX & TRANQUIL

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We consider these homeopathic botanical sprays (flower essences) to be an absolutely essential part of our “First Aid” kit. We buy them by the case since, once someone tries them, they never want to be without them! Of real benefit is the fact that they are impossible to “overdo.”

As with all homeopathics, each of these should be kept “quiet” and away from strong sunshine, heat (in cars & trucks), microwaves, TV’s, electric blankets, strong chemicals and aromatic oils, etc. A trick to reactivate any liquid homeopathic product is to tap the bottle sharply 10x on a hard surface or even the heel of your hand; this is called “succussion” and it really works! Also, because homeopathics work in the “energy” or “vibrational” realm, they are not affected externally by bandages/wraps/clothes, etc., nor internally if the sprays don’t fully reach the mouth. Nor are they in any way species specific.

A dear friend, whose geriatric cat had a huge abdominal tumor, had set the date for euthanasia but decided to try the **Relax** and **Release** just to make her last days a bit more comfortable. Because of the pain involved, she simply sprayed the cat’s blanket with the **Release** and syringed a bit of **Relax** into her mouth. The cat’s “last days” ended up stretching for another year with the tumor reducing radically in size!

We have used the **Relax** with one of our German Shepherds who is terrified of thunder storms. He has gone from peeing all over himself and hiding to coming to me for his **Relax** sprays so he can sleep through the storms. And when he badly injured his knee (strained collateral ligament) **Release** was the first thing we reached for.

Even though these products are carefully labeled strictly for animals, I have been thrilled with how spraying my eyes numerous times a day with **Release** soothes my red and scratchy “computer eyes.” A friend who tried this said it initially stung a bit, but I have not experienced that. I also use it on any and all headaches, muscle aches, sores, etc., etc.; seems to mitigate or banish any and all pain or discomfort very quickly. When I have trouble getting to sleep, I use the **Tranquil** and snooze away while John prefers **Relax** for that.

We have also used the **Tranquil** on horses before gelding with the result of far less sedative being required. Spraying the wound with **Release** numerous times a day (I jokingly say “85 times a day”) for a few days also seems to increase the rate of healing while reducing the rate of swelling. In fact, we have found that if we get to any injury soon enough with the **Release**, neither swelling nor bruising may ever become evident!

RELEASE

Release is a potent combination of Oakleaf, Chamomile, Violet Flower, Yarrow, Horsetail, Stump Fern, Aspen Bark, Yellow Flower Root, Blue Flower designed for external use. It is our very first “First Aid” for any “owie” whether open or closed and no matter who it’s on.

One of our favorite **Release** stories is of a woman who came to see us about something totally unrelated to **DYNAMITE®**. She was in severe pain with her knees heavily bandaged from some arthroscopic surgery and she couldn’t even bend them to sit properly. There just happened to be a bottle of **Release** on my desk so I handed it to her telling her to spray both knees copiously right over the bandages. She looked at me rather oddly but went ahead and sprayed. A few minutes later she shrieked “Look at my legs! Look at my legs!” They were bent properly for the first time in days. Apparently the pain had diminished enough that unconsciously she bent them normally without even knowing it until she looked down and saw them. She and her husband are now **DYNAMITE®** Directors!

Additional uses include:

- We refer to it as “liquid acupuncture” as it can be used on all points before, during, after, or sometimes even instead of standard acupuncture treatments
- Many horse trainers and riders, before each training or riding session, like to use it on the “7 Magic Points” of poll (top of head), withers (at cervical/thoracic junction), croup (lumbar spine), and 4 coronet bands (just above all 4 paws or at wrists & ankles) saying it seems to increase energy flows throughout the body, increasing length of stride and ability to move freely
- Yoga teachers have suggested its use on all the major chakra areas: 1) base of spine 2) navel 3) diaphragm 4) heart 5) throat 6) brow 7) top of head
- Can help reduce emotional trauma if used every 5 minutes or so on the top of the head (or poll in horses) and forehead; be prepared for perhaps a lengthy stay!
- We have used it immediately after an insect bite or injury with absolutely no resultant itch or bruise
- Bad bumps seem to go right away with immediate and rigorous spraying of **Release**
- One distributor states he was kicked over his eye by a horse, had eleven stitches, but with timely and rigorous application of **Release**, there was little to no discomfort and not even a black eye which he had fully expected
- A trainer we had developed Reynaud’s syndrome in some fingers; she sprayed on **Release** and they almost immediately turned normal color again with much more movement possible

- One maiden mare had such an enlarged and painful bag, she was refusing to let her brand-new colt nurse; some quick sprays of **Release** reduced the bag tension so much that she immediately started squirting, the baby grabbed hold and finally was able to nurse contentedly
- Some people have found it effective in stopping splint formation; just spraying copiously with **Release** on hot, sore (or bumped) legs seems to reduce the heat enough and encourage energy flow enough that splints (calcium formation is drawn to the heat and stagnant energy) fail to materialize when and where they are expected
- When massaging it on sore muscles it may sometimes foam or feel oily; simply wipe that (toxins such as lactic acid) away, re-spray and re-massage until it stays clear
- We have also used it very successfully, both externally and internally, on sore throats and stomach aches
- Also spray on your face in the morning after showering but before moisturizing and as a mid-afternoon facial pick-me-up
- The uses of **Release** are absolutely endless—feel free to experiment!

RELAX

This homeopathic spray is used internally generally for fear-based situations. It absolutely does not sedate but rather seems to help the animal to focus more. It contains: Walnut (*protection from change and unwanted influences*), Star of Bethlehem (*shock*), Olive (*exhaustion from physical or emotional effort*), Heather (*self-absorption/inattention*) and Chestnut Bud (*failure to learn from past mistakes*). Meant to be sprayed in the mouth, it works even if sprayed in the general direction of the face and absorbed or breathed in. It also works syringed into the mouth, mixed with drinking water or food, or simply “glugged” down.

One very unusual use of **Relax** that we know of is to help wean individuals down from, and even in one case, off of, various psychotropic drugs. One fellow said after taking it that he felt a huge weight had been lifted off his shoulders. He personally found that initially taking 15 sprays 6-8 times per day did the trick. After a few weeks, he was able to use about 5 sprays twice a day for maintenance knowing he could also use it any time he felt he needed it.

- More conventional uses that people have reported for animals are for weaning, working with foals, stall-bound horses, Fourth of July, hauling, competing, and virtually any time the animal is subject to stress.
- Many trainers (hunters, jumpers, racehorses, field trial and agility dogs, human athletes, etc.) use **Relax** for training to help the animal focus and remain centered and breathing properly. In fact it seems to enhance overall performance because with their minds relaxed

animals can better focus on the task at hand.

- Some have said it saves an awful lot of round ring time trying to get all the “kicks and bucks” out getting the horse quieted and ready for work quickly.
- One dog trainer uses it in her obedience classes for behavior problems and especially for separation anxiety and fear-based behaviors (either aggression or extreme timidity). Her general guideline is to give an initial dose of 1 spray for every 5-7# body weight about 1-2 hours before the stressful event. She then gives maintenance doses, 1 spray for every 10# body weight, every 45 minutes to an hour, for however long the dog will be exposed to the stress. She cautions that amounts can vary!
- That trainer tells of one German Shepherd, a 9-month old un-socialized, un-neutered male that came to the first week of obedience class as a “barking, growling, lunging, fearful maniac.” Within two weeks of using **Relax** prior to coming to class, this dog was quiet and calm, and would sit for greeting and petting by other handlers accompanied by their dogs. Once the **Relax** took the edge off the dog, her traditional desensitization techniques were able to work. By the end of the eight week class the owner had slowly reduced the dose required to keep the dog calm, and was working toward eliminating its use in all but the most severely distressing situations.
- Given repeatedly to a horse at frequent intervals (anywhere from 5-15 sprays every 5-10 minutes), one can actually observe the progression of relaxation from head to tail as hair coats start to lay flat, rough spots disappear and dapples appear
- For those familiar with Bach flower remedies, we have found the **Relax** to work far better than “Rescue Remedy”

TRANQUIL

The last of the three homeopathic sprays, **Tranquil** contains the same herbal tinctures as the **Relax** but adds: Clematis (*to assist in staying in present time*), Impatiens (*for impatience*) and Gelsenuim (*for anticipatory fear, muscle tightness/tremors, calming breath & aiding coordination*).

- For me, it appears to truly aid various muscle tremors/pain/spasms associated with Post Polio Syndrome.
- We have also used it very successfully as a pre-vet treatment for colic, equine dentistry, surgery such as gelding, and for smaller animal vet visits, etc.
- Although we have not necessarily observed this (perhaps we were not looking and for us it seems the opposite), some individuals claim that **Tranquil** works more effectively on the males of the species whereas **Relax** has a more feminine affinity.

REMEMBER THAT ALTHOUGH generally speaking “less is more,” because they are homeopathically prepared, they will not test in competition nor can one “OD” on them. We will *never* be without these incredible sprays! ■